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ABSTRACT

This publication has been designed to help nurses, teachers, volunteers, health administrators, social workers, and other individuals in the community in improving dental care instruction for the children in a community dental care program. The publication is based on the premise that availability of dental care services does not necessarily insure utilization of these programs unless the individual recipient, the family, and the community have an awareness of the importance of oral health. To upgrade dental care programs, educational services must be made available to every child as well as to the adults who influence his learning. The educational objectives in this guide are expressed as teaching targets--what the child and his parent must do to achieve life-long dental health. The guide also includes suggested audio-visual materials and activities to enhance an educational program. (Author/SES)

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dental [illegible]
community care progra[illegible]

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Bureau of Health Professions Education
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Division of Dental Health

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PREFACE

In recent years, national, state and local attention has been focused on the development of new programs to provide equal health opportunities for the young child. Health services including dental treatment have been initiated to meet the needs of these children. Because of these programs, dental care services are available to more children than ever before.

However, availability of dental care services does not necessarily ensure utilization of these programs unless the individual recipient, the family and the community have an awareness of the importance of oral health. Providing treatment alone is not enough, for it is equally important to educate the young child and his family to acquire and maintain oral health. To enhance dental care programs educational services must be made available to every child and to the adults who influence his learning.

Single copies of this booklet are available upon request from the Community Programs Branch, Division of Dental Health, National Institutes of Health, 9000 Rockville Pike, Bethesda, Maryland 20014, or from your Regional Dental Consultant (for address, see page 53).

Prepared by:

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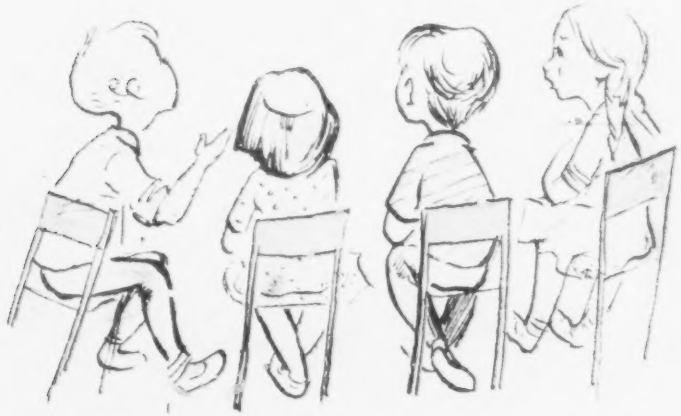
Robert L. Weiss, DDS, MPH

Miki Wilson

This publication has been designed to help YOU improve dental care instruction for the children in your community dental care program.

The educational objectives in this guide are expressed as teaching targets -- what the child and his parents must do to achieve life-long dental health. The guide also includes suggested audiovisual materials and activities to enhance your educational program.



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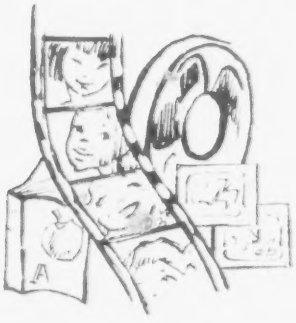

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WHY

DENTAL CARE EDUCATION ?

It affects every one of our children.

This child is an example. She is only five and already has six decayed teeth.

And ... like many of our children ... she ...

- has not yet made her first visit to the dentist.
- does not brush her teeth often -- and cannot brush well enough.
- eats too many sweet snacks between meals.

DENTAL DISEASE CAN BE CONTROLLED.

Let's start now. Let's teach our children the value of dental health – let's help them build good health habits.

This is the time his habits and values are formed.

He will be blessed or burdened with them for the rest of his life.

WHO

CAN HELP?

CHILDREN CAN HELP THEMSELVES BY:

Accepting dental care

Brushing their teeth

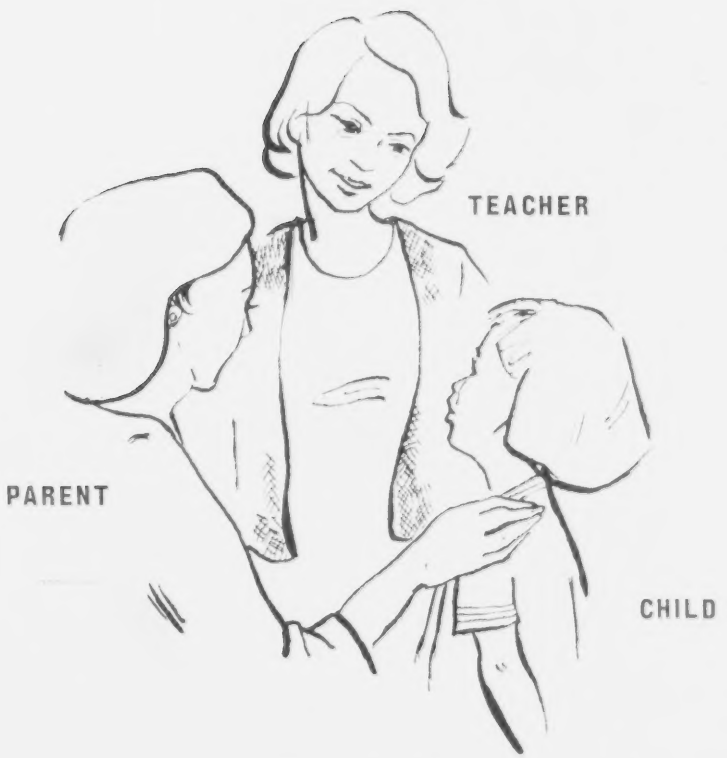
Eating good foods

PARENTS CAN HELP BY:

Taking the child to the dentist

Helping the child brush his teeth

Reducing between meal treats



Teachers also influence the lives of our children. So teachers can help.

The dentist and his staff provide the dental care children need, and they can help teach our children.

Many others can help. We have many people in our community who are interested in the total well-being of our children. These people are nurses, teachers, volunteers, health administrators, social workers, and many other individuals in our community.

ARE YOU ONE OF THESE PEOPLE?

SETTING OUR SIGHTS

Preschool and elementary school years are critical years. This is the time to prevent our children from becoming dental cripples.

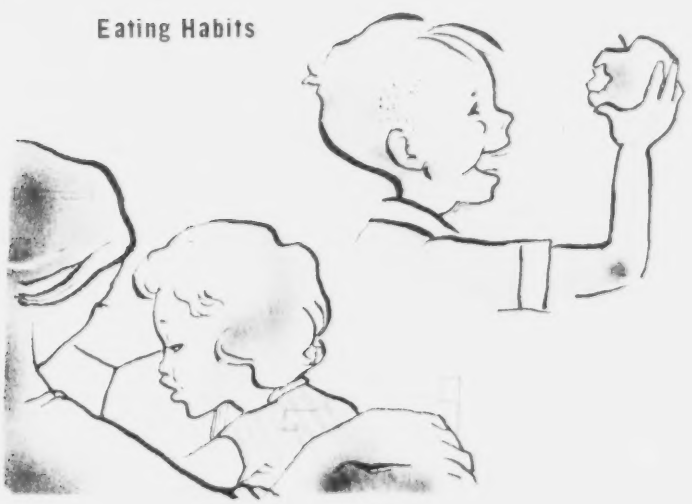
But good dental health doesn't just happen ... it's a life-long task -- today and tomorrow for each of us.

Attention must be focused on three important areas:

Dental Treatment

Home Care

Eating Habits



Just as the child changes in many ways as he grows, his dental condition constantly changes also. Let's take a close look at these three age groups:

3–5 years 6–8 years 9–11 years

How do these age–groups differ?

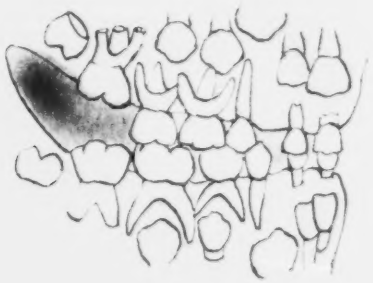
What are our specific targets for teaching?

What should the parents do to help?

THE CHILD FROM 3 TO 5

He has all of his first (primary) set of teeth. Besides the chewing function, these teeth form a pathway for the permanent teeth which are developing in the jaw ... they're important to the development of good appearance and speech.

These years provide the opportunity to establish foundations on which to build sound dental health habits.



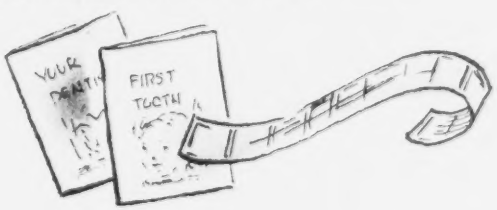
TARGETS FOR TEACHING:

THE CHILD SHOULD:

1. COOPERATE WITH THE DENTIST AND HIS STAFF.
2. ATTEMPT TO BRUSH HIS TEETH AT LEAST ONCE A DAY.
3. ALLOW HIS PARENT OR AN OLDER CHILD TO BRUSH HIS TEETH AT LEAST ONCE A DAY.
4. EAT SWEETS AT MEALS ONLY

Along with setting a good example, THE PARENT SHOULD:

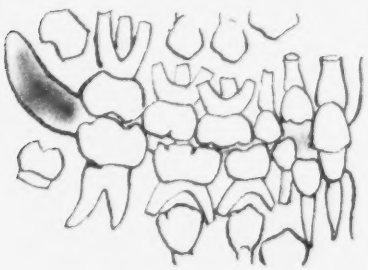
1. ARRANGE FOR THE CHILD'S DENTAL APPOINTMENTS.
2. TALK ABOUT DENTAL AND MEDICAL SERVICES FAVORABLY.
3. PROVIDE TOOTHPASTE AND A BRUSH FOR THE CHILD.
4. MAKE SURE THAT THE CHILD BRUSHES HIS TEETH AT LEAST ONCE DAILY.
5. BRUSH THE CHILD'S TEETH FOR HIM AT LEAST ONCE A DAY.
6. PROVIDE RECOMMENDED FOODS FOR BETWEEN–MEAL SNACKS. (See Page 49.)
7. RESTRICT CHILD'S SWEETS TO MEALTIME.



THE CHILD FROM 6 TO 8

His first permanent molars are appearing. The front teeth of his first (primary) set of teeth are beginning to loosen to make way for permanent teeth. The primary teeth still serve an im–portant function ... they reserve space for permanent teeth that will appear later.

Dental care instruction for the 6–8 year old should focus on developing independent action ... emphasis should be placed on establishing habit patterns ... building on the teaching targets identified for the 3–5 year group. (Numbers 1 to 4 below)



TARGETS FOR TEACHING

THE CHILD SHOULD:

1. Cooperate with the dentist and his staff.
2. Attempt to brush his teeth at least once a day.
3. Allow his parent or an older child to brush his teeth at least once a day.
4. Eat sweets at meals only.
5. ACCEPT HIS DENTAL APPOINTMENTS AS A ROUTINE PART OF LIFE.
6. BRUSH HIS TEETH TWICE A DAY.
7. CHOOSE NON–SWEET, BETWEEN–MEAL SNACKS.

Along with setting a good example, THE PARENT SHOULD:

1. Arrange for the child's dental appointments.
2. Talk about dental and medical services favorably.
3. Provide toothpaste and a brush for the child.
4. Make sure that the child brushes his teeth at least once daily.
5. Brush the child's teeth at least once a day.
6. Provide recommended foods for between–meal snacks.
7. Restrict child's sweets to mealtime.
8. SEEK ROUTINE DENTAL APPOINTMENTS FOR THE FAMILY.
9. REDUCE CHILD'S DEPENDENCY ON ACCOMPANYING ADULT DURING DENTAL APPOINTMENTS.
10. REQUIRE THE CHILD TO BRUSH TWICE A DAY AND ASSIST HIM AS NEEDED.

THE CHILD FROM 9 TO 11

He has about half of his permanent teeth. His mouth will now reflect the values and habit patterns formed in earlier years ... and what he may be blessed or burdened with for life.

His world has broadened ... he is able to assume greater responsibility ... physically, he is more able to take care of his needs. Emphasis should be placed on strengthening good dental habits and encouraging independent actions ... building upon previous teaching targets. (numbers 1 to 7 below.)

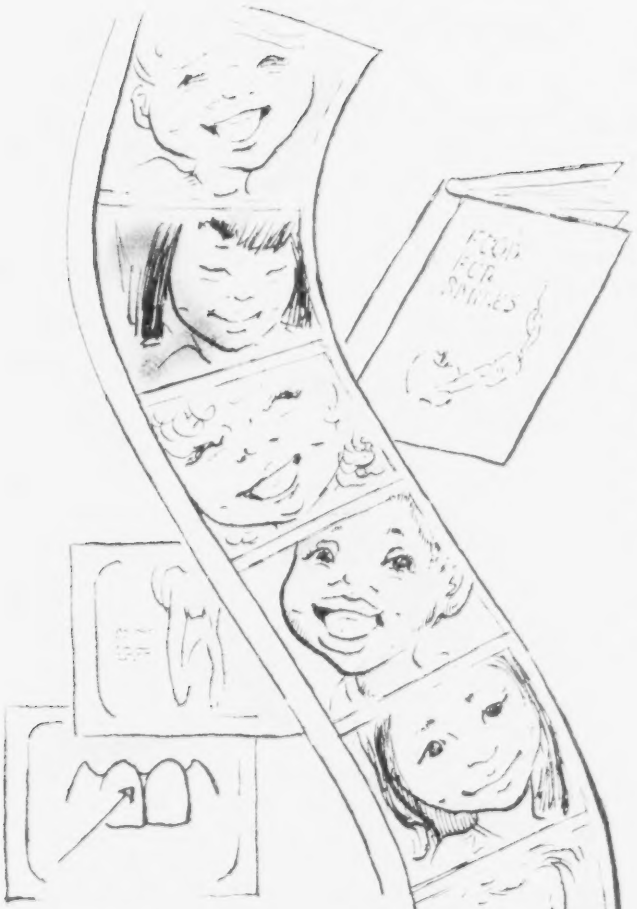
TARGETS FOR TEACHING

THE CHILD SHOULD:

1. Cooperate with the dentist and his staff.
2. Attempt to brush his teeth at least once a day.
3. Allow his parent or an older child to brush his teeth at least once a day.
4. Eat sweets at meals only.
5. Accept his dental appointments as a part of life.
6. Brush his teeth TWICE a day.
7. Choose non–sweet, between–meal snacks.
8. REQUIRE NO ACCOMPANYING ADULT AT OR DURING DENTAL APPOINTMENT.
9. EFFECTIVELY BRUSH HIS TEETH AFTER MEALS.
10. RESTRICT SWEETS TO MEALTIME.

Along with setting a good example, THE PARENT SHOULD:

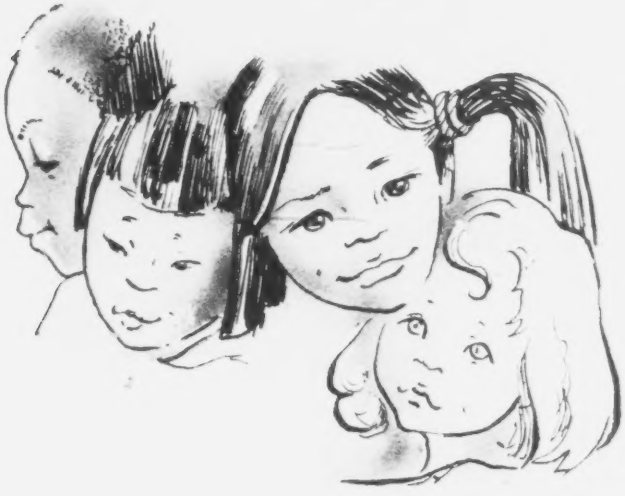
1. Arrange for the child's dental appointments.
2. Talk about dental and medical services positively.
3. Provide toothpaste and a brush for the child.
4. Make sure that the child brushes his teeth at least once daily.
5. Brush the child's teeth at least once a day.
6. Provide recommended foods for between–meal snacks.
7. Restrict child's sweets to mealtime.
8. Seek routine dental appointments for the family.
9. Reduce the child's dependency on accompanying adult during dental appointments.
10. Require the child to brush twice a day and assist him as needed.
11. OVERSEE THE CHILD'S BRUSHING PRACTICES.



DENTAL CARE EDUCATIONAL MATERIALS

DENTAL HEALTH EDUCATION MATERIALS

There is a large selection of dental health education material available from many sources. These materials consist of: films, filmstrips, booklets, leaflets, posters and models.



The dental health education materials included in "Smallfry Smiles" can enhance your educational program. They were selected for young children and the adults who influence their daily activities. In addition to being screened by dental personnel, the materials were also closely scrutinized by a committee of teachers, nurses and community aides, all of whom have worked with preschool and early elementary age children of multi-cultural and racial backgrounds.

Many local and State health departments and dental associations have audiovisual services. It is recommended that you first contact them for the materials listed. See page 55 for the addresses of State health departments.

FILMS

HEALTHY TEETH – HAPPY SMILE

16mm, sound, color, 20 minutes

DESCRIPTION:

Through the experiences of Sally, a Negro teenager, this film demonstrates necessary oral health practices, i.e., routine dental check–ups, personal care and responsibility, and proper eating habits.

AUDIENCE:

Teenagers and adults.

SUGGESTED USE:

HEALTHY TEETH – HAPPY SMILE is an excellent film which will help you in orienting program personnel in the elements necessary for dental health. It will also be valuable for parent discussion groups.

Following the film you might:

Discuss all of the areas covered OR

Focus group discussion in one particular area such as toothbrushing and demonstrate proper toothbrushing with a demonstration–size brush and model of teeth (see Page 40).

Emphasize the importance of reducing sweets and provide a selection of locally used and available foods which are good for teeth and general health. (See Page 51).

AVAILABILITY:

Henk Newenhouse, Inc.
1825 New Willow Road
Northfield, Illinois 60093
Purchase – $175.00
Rental – $4.00

American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611
Rental –$1.50
Film No. DH77

TEETH ARE FOR LIFE

16mm, sound, color, 15 minutes

DESCRIPTION:

This interracial film revolves around two 10–year–old girls, Karen and Janie, and Janie's little brother, David, and their dentists. The film provides essential "musts" of oral hygiene, dental care and proper eating habits necessary to keep teeth healthy for a lifetime.

AUDIENCE:

Elementary (6–8 years) – Adults

SUGGESTED USE:

TEETH ARE FOR LIFE can be used to familiarize the children with the basic "rules" of dental health. After you show the film, you might focus on one specific area such as the importance of routine dental exams.

AVAILABILITY:

Henk Newenhouse
1825 New Willow Road
Northfield, Illinois 60093
Purchase – $150.00
Rental – $4.00

American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611
Rental – $1.50
Film No. DH79

THE DOUBLE DAY OF DANNY DILLON

16mm, sound, color, 14 minutes

DESCRIPTION:

Danny, an 11–year–old, goes to his dentist for his regular dental appointment. Danny's dentist tells him that he is not taking good care of his teeth. Together they retrace Danny's day and through reverse film sequence, Danny discovers the many times he could practice better dental health habits. This film illustrates proper toothbrushing, swish and swallow technique, good eating habits and the need for regular dental appointments.

AUDIENCE:

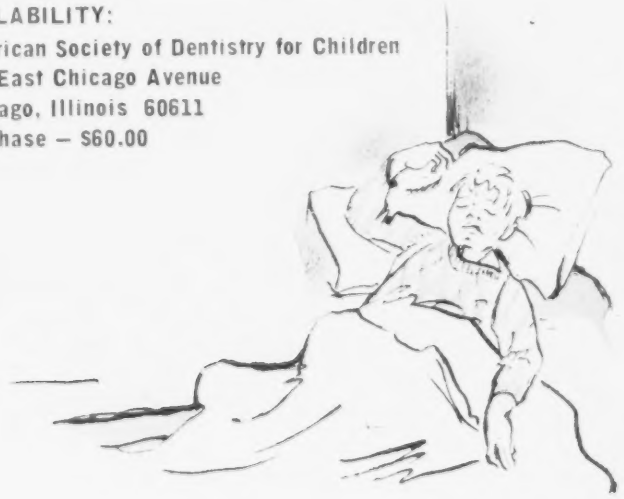
Elementary (6–8 years) – Adults

SUGGESTED USE:

Danny will help you emphasize the importance of dental health and how to achieve it. It could be used for children and their parents jointly or separately. Any of the major points could be emphasized as the central topic for discussion following the film.

AVAILABILITY:

American Society of Dentistry for Children
211 East Chicago Avenue
Chicago, Illinois 60611
Purchase – $60.00



TEETH ARE TO KEEP

16mm, sound, color, 11 minutes

DESCRIPTION :

TEETH ARE TO KEEP is a cartoon that provides the "do's" for dental health. Revolving around daily activities of Roger and his family, this film focuses on proper diet and home care procedures. Tooth development and growth and function of primary and permanent teeth are briefly illustrated.

AUDIENCE:

Young children and their parents.

SUGGESTED USE:

This film will help you provide a general background of the essentials for a healthy smile. This would be a good film to show to the children and their parents at the same time. Follow–up discussion could center on one factor such as eating habits.

AVAILABILITY:

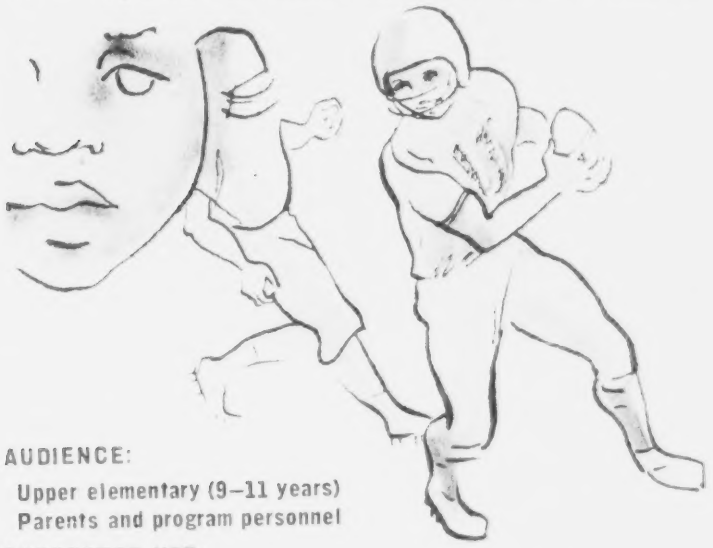
Encylopedia Britannica Education Corp.
425 North Michigan Avenue
Chicago, Illinois 60611
Purchase – $120.00

NO TIME TO LOSE

16mm, sound, color, 4½ minutes

DESCRIPTION:

Gayle Sayres, a Negro pro football star, emphasizes the need for total health including dental health. The basic elements of dental health are discussed and the film also urges the family to be responsible for seeking dental care for their children.



AUDIENCE:

Upper elementary (9–11 years)
Parents and program personnel

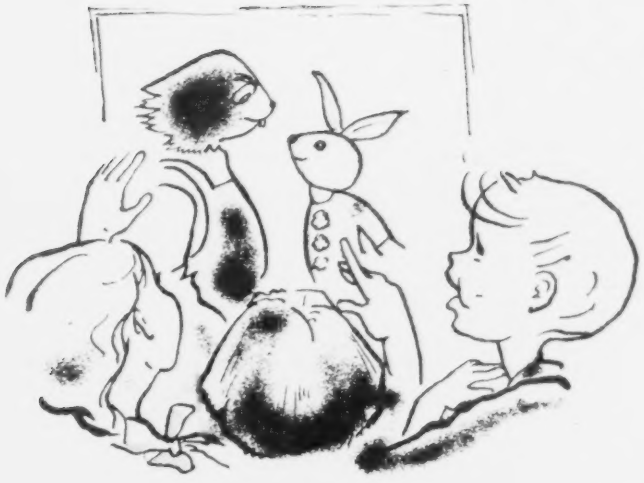
SUGGESTED USE:

This film may be of particular value for parent groups in stressing the family responsibility in obtaining and maintaining oral health.

AVAILABILITY:

American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago Illinois 60611

Purchase – $25.00
Rental – $1.50
Film No. DHTV76



THE BEAVER'S TALE

16mm, sound, color, 4½ minutes

DESCRIPTION:

In this lively cartoon, Mr. Beaver explains to Bobby Rabbit the importance of going to the dentist and Mr. Beaver describes the experiences Bobby will have during his first visit.

AUDIENCE:

Preschool and elementary age children.

SUGGESTED USE:

To help you orient young children for their first dental appointment.

AVAILABILITY:

American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611

Purchase – $25.00
Rental – $1.50
Film No. DHTV46

FILMSTRIPS

MICHAEL AND THE DENTIST

23 frames, color, accompanied by 45 RPM record

DESCRIPTION:

With delightful color, rhyme and rhythm, Michael introduces the audience to the sights and sounds of the dental office.

AUDIENCE:

Preschool and early elementary school children.

SUGGESTED USE:

MICHAEL AND THE DENTIST can help you prepare the child for his first dental appointment. After hearing the record a few times, the children might be encouraged to participate by singing.

AVAILABILITY:

Mrs. Jeanne Averill
Box 3038
Augusta, Georgia 30904

Purchase:
Complete Set $6.00

Rental:
American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611
$1.50
Filmstrip No. FS17

MICHAEL LEARNS TO BRUSH HIS TEETH

29 frames, color, accompanied by 45 RPM record

DESCRIPTION:

With rhyme, rhythm and color, Michael stimulates interest in and introduces the audience to a method of toothbrushing.

AUDIENCE:

Preschool and early elementary school children.

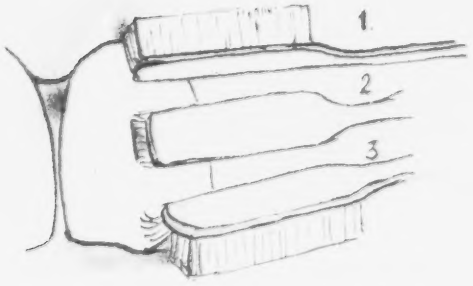
SUGGESTED USE:

This record filmstrip will help you to teach toothbrushing. It is a necessity that you follow up with a toothbrushing demonstration for the children. Ideally, a toothbrush should be provided for each child so he can brush his teeth while you supervise the method.

AVAILABILITY:

Mrs. Jeanne Averill
Box 3038
Augusta, Georgia 30904

Purchase:
Complete Set $6.00



MICHAEL LIKES GOOD FOOD

36 frames, color, accompanied by 45 RPM record

DESCRIPTION:

With rhythm and rhyme, Michael practices eating habits that are desirable for dental health. Emphasis is placed on eating sweets only with meals and selecting and eating non-sweets for between meal snacks.

AUDIENCE:

Preschool and early elementary school children.

SUGGESTED USE:

This teaching aid can be helpful in introducing the topic and/or reinforcing it. See pages 49 and 50 for additional classroom suggestions.

MICHAEL GETS A LETTER

39 frames, color, accompanied by 45 RPM record

DESCRIPTION:

Via verse and with background music, the filmstrip promotes the practice of regular dental appointments and helps prepare the child for experiences he may have during his routine appointments. Some of the dental procedures, instruments and equipment the child most often encounters in the dental office are identified and explained.

AUDIENCE:

Preschool and early elementary school children.

SUGGESTED USE:

As an aid to introduce or reinforce the practice of regular dental appointments. You may also want to emphasize one of the dental procedures, such as topical fluorides, that is presented.

AVAILABILITY:

For information write: Community Programs Branch, Division of Dental Health, National Institutes of Health, 9000 Rockville Pike, Bethesda, Maryland 20014, or your Regional Dental Consultant (see page 53 for address).

PEDRO Y EL DENTISTA
(PEDRO AND THE DENTIST)
and
PEDRO APRENDE A LAVARSE LOS DIENTES
(PEDRO LEARNS TO BRUSH HIS TEETH)

Spanish and English Versions
23 and 29 frames, color, accompanied by
a 33–1/3 RPM record

DESCRIPTION:

These two filmstrips are translations of MICHAEL AND THE DENTIST and MICHAEL LEARNS TO BRUSH HIS TEETH, (see pages 27 and 28), and are packaged with a 33–1/3 RPM record. Side one features PEDRO AND THE DENTIST first in Spanish and then in English. Side two has PEDRO LEARNS TO BRUSH HIS TEETH also in Spanish and English.

AUDIENCE:

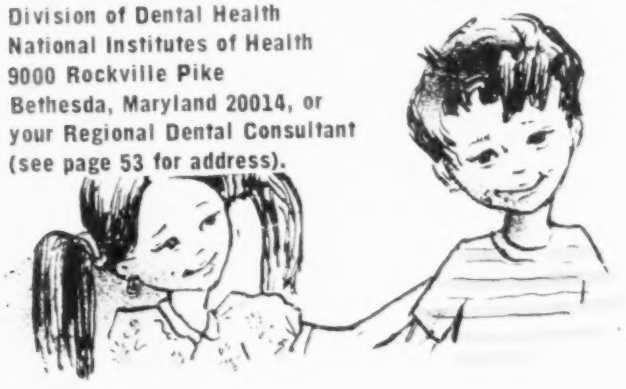
Spanish–speaking preschool and early elementary school children.

SUGGESTED USE:

Same as for MICHAEL AND THE DENTIST and MICHAEL LEARNS TO BRUSH HIS TEETH.

AVAILABILITY:

For information write: Community Programs Branch,
Division of Dental Health
National Institutes of Health
9000 Rockville Pike
Bethesda, Maryland 20014, or
your Regional Dental Consultant
(see page 53 for address).



PEDRO LE GUSTA LA BUENA COMIDA
(PEDRO LIKES GOOD FOOD)
and
PEDRO RECIBE CARTA
(PEDRO RECEIVES A LETTER)

Spanish and English Versions
36 and 39 frames, color, accompanied by
a 33–1/3 RPM record

DESCRIPTION:

These two filmstrips are translations of "Michael Likes Good Food" and "Michael Gets a Letter" (see page 29 for details) and are packaged with a 33–1/3 RPM record. Side one presents "Pedro Likes Good Food" first in Spanish and then in English with a Spanish accent. Side two has "Pedro Gets A Letter" in Spanish followed in English with a Spanish accent.

AUDIENCE:

Preschool and early elementary age children from Spanish speaking families.

SUGGESTED USE:

Same as for "Michael Likes Good Food" and "Michael Gets A Letter."

AVAILABILITY:

For information write: Community Programs Branch, Division of Dental Health, National Institutes of Health, 9000 Rockville Pike, Bethesda, Maryland 20014, or your Regional Dental Consultant (see page 53 for address).

PRINTED MATERIALS

DENTAL HEALTH FACTS FOR TEACHERS

DESCRIPTION:

This booklet provides background information for individuals who are teaching children the elements of dental health. It also suggests teaching approaches for various grade levels. Illustrated.

AUDIENCE:

Teachers and nurses specifically and others responsible for teaching dental care education.

SUGGESTED USE:

A useful reference to be distributed to classroom teachers and nurses.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Price per quantity:
Order No. S13

Copies*	Price
2–24	$ .20 Ea.
25	3.75
50	6.50
100	11.00

*One sample copy available upon request.

DENTAL HEALTH TEACHING OUTLINE, #1

DESCRIPTION:

This booklet is designed to aid the teacher plan a dental care education program for first, second and third grade children. The format is one with which teachers are familiar.

AUDIENCE:

Teachers specifically, although most individuals teaching dental health would benefit.

SUGGESTED USE:

This outline could be distributed to teachers during their general dental health orientation session.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. S22
Price: S.30 each

HEALTHY TEETH – A HAPPIER SCHOOL CHILD

DESCRIPTION:

This 2–page leaflet contains the A B C's of good dental health.

A – Desirable Food
B – Toothbrushing
C – Early Dental Care

AUDIENCE:

Parents of young children and program personnel.

SUGGESTED USE:

This leaflet will be useful for some parents if it is distributed and discussed during a general dental health orientation pro–gram.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. G13

Copies:	Price:
25	S .75
50	1.40
100	2.50
500	8.00

THE CARE OF YOUR CHILDREN'S TEETH

DESCRIPTION:

This booklet provides general dental health information in terms easily understood and contains some illustrations.

AUDIENCE:

Mainly for parents of young children.

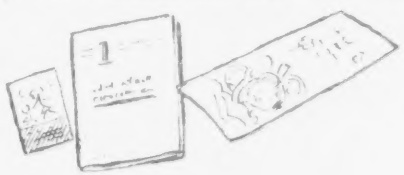
SUGGESTED USE:

This booklet could be used to reinforce dental health concepts presented during a parent discussion group.

AVAILABILITY:

Superintendent of Documents
U.S. Government Printing Office
Washington, D. C. 20402

15c per single copy — 25% discount with 100 or more copies.



POINTERS FOR PARENTS: YOUR CHILD'S FIRST VISIT TO THE DENTIST

DESCRIPTION:

As the title denotes, this pamphlet provides advice to parents of young children who are anticipating their first dental appointment. It is relatively simple and easy to read.

AUDIENCE:

Parents and program personnel.

SUGGESTED USE:

Distribute to parents and program personnel following a discussion about preparing the young child for his first dental appointment.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. G10

Copies:	Price:
50	$1.25
100	2.20
500	8.00

I'M GOING TO THE DENTIST

DESCRIPTION:

A 2–color, illustrated booklet with a brief text about a small boy and his younger sister who visit their dentist.

AUDIENCE:

Young children.

SUGGESTED USE:

This booklet could be read to the children and then discussed in class. It also may be sent home for parents to read to their child or placed in the classroom for the child to use.

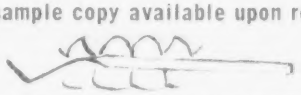
AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. G1

Copies: *	Price:
2–24	$ .10 ea.
25	1.75
50	3.00
100	5.25

*One sample copy available upon request.



A VISIT TO THE DENTIST

DESCRIPTION:

A 4–color, illustrated booklet with a brief text about Judy and Johnny's visit to the dentist.

AUDIENCE:

Young children.

SUGGESTED USE:

You could use this booklet for story time and later discuss the children's personal experiences relating to their dental appointments.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. S14

Copies: *	Price:
2–24	$ .15 Ea.
25	3.50
50	6.50
100	12.50

*One sample copy available upon request.

THE FRIENDLY GHOST, CASPER, AND THE FRIENDLY DENTIST

DESCRIPTION:
The 16-page, color comic book features Casper who helps explain how to have a healthy mouth.

AUDIENCE:
Young children.

SUGGESTED USE:
This comic book could be sent home with the child and shared with his parents and other members of the family.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. G30

Copies:	Price:
25	$2.25
50	4.00
100	7.00

FOOD AND CARE FOR DENTAL HEALTH

DESCRIPTION:

The main part of this booklet is devoted to explaining the relationship between food and dental health.

AUDIENCE:

Teachers and nurses.

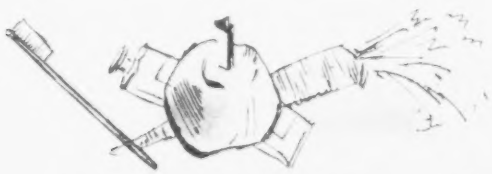
SUGGESTED USE:

As a resource for teachers and nurses.

AVAILABILITY:

National Dairy Council
111 Canal Street
Chicago, Illinois 60606

Prices vary according to location. Many are distributed free.



YOU CAN TEACH TOOTHBRUSHING

DESCRIPTION:

This illustrated pamphlet explains how to teach a method of toothbrushing to early elementary school age children.

AUDIENCE:

Teachers, nurses, or other individuals who instruct children in oral hygiene.

SUGGESTED USE:

As a guide for the adult who teaches others how to brush.

AVAILABILITY

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. S11

Copies: *	Price:
2–24	$ .05 Ea.
25	1.10
50	1.95
100	3.10

*One sample copy available on request.

POSTERS

DO YOU? – Poster and Miniature
color, 24 x 19, 4–3/4 x 6

DESCRIPTION:

Photographs of children of different races illustrate the three questions: Do you keep your teeth clean? ... visit your dentist? ... eat good food?

AVAILABILITY:

National Dairy Council
111 Canal Street
Chicago, Illinois 60606

Prices vary according to location. Many are distributed free.

CHILD'S WASH–EAT–BRUSH POSTER

DESCRIPTION:

This 2–color miniature poster serves as a reminder to the child to wash before eating and to brush his teeth after eating. It is gummed on one side so it can be put on the bathroom mirror.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. G11

Copies:	Price:
25	$ .65
50	1.00
100	1.75
500	6.00
1000	11.00

ELEMENTARY SCHOOL POSTERS *

12 x 16½ – color

DESCRIPTION:

A set of four interracial posters that focus on children performing good dental health practices.

AVAILABILITY:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. S8

Copies:	Price:
1 set of 4 Posters	$ .60
25 sets	8.00
50 sets	15.00
100 sets	25.00

*These are also available in miniature size of 3 x 4 inches for children to take home. Order No. S8 a–d

25 sets–$1.15; 50 sets–$2.00; 100 sets–$3.50

TEACHING PICTURES

FOOD AND NUTRITION*

11 x 14½ inches

DESCRIPTION:

Each packet contains 12 full–color, multiracial pictures and resource sheets. Resource sheets provide suggestions for: learning activities, story time, and questions for discussion on most aspects of food and nutrition.

AUDIENCE:

Young children.

AVAILABILITY:

David C. Cook Publishing Company
850 North Grove Avenue
Elgin, Illinois 60120

Order # A1532
$1.98 per set

*Miniatures to take home are also available. Five each of the 12 pictures (total of 60). Order # A1545 – $1.25 per set.

HEALTH AND CLEANLINESS*

11 x 14½ inches

DESCRIPTION:

Twelve full–color, multiracial pictures and resource sheets on health and cleanliness. Although only two of these posters relate specifically to dentistry, the package is well done and has many uses.

AUDIENCE:

Young children.

AVAILABILITY:

David C. Cook Publishing Company
850 North Grove Avenue
Elgin, Illinois 60120

Order # A1530
$1.98 per set

*Miniatures to take home are also available. Five each of the 12 pictures (total of 60). Order # A1546 – $1.25 per set.

TEACHING AIDS

MODELS FOR GROUP DEMONSTRATION

DESCRIPTION:

A large model of teeth for group demonstration of toothbrushing and choice of #12 two-row, six-tufts, or #39 multitufted toothbrush.

SUGGESTED USE:

To demonstrate toothbrushing for a group.

AVAILABILITY:

Lactona Products Division
201 Tabor Road
Morris Plains, New Jersey 07950

Number 850
$8.50 per set

INDIVIDUAL TOOTHBRUSHING KITS

SUGGESTED USE:

Demonstrate the proper brushing method, then distribute the kits you choose and have the children brush their teeth while you supervise their attempts.

AVAILABILITY OF KITS:

Various commercial sources offer toothbrushing kits for purchase. Several of these sources are listed below:

Source:

These must be ordered through a dentist or dental hygienist.

Proctor & Gamble
Professional Services
P.O. Box 747
Cincinnati, Ohio 45201

Kit Contains:

1 Junior-size toothbrush
1 tube "Crest" Toothpaste
1 brushing pamphlet
2 disclosing tablets (see description page 42)

Prices:

1 to 4 cases – $7.50 per case
4 or more cases – $6.75 per case
Prices include delivery to buyer.
Case contains 36 individual kits.

For Regular flavored Crest, order Junior Multi-Tuft Kit #7086-6. For Mint flavored Crest order Junior Multi-Tuft Kit #7006-3.

Source:

Order through dentist.

Colgate
Professional Services Department
740 North Rush Street
Chicago, Illinois 60611

Tuffy Tooth Cavity Fighter Kits

Kit Contains:

Youth Tooth Brush
1 tube Colgate
Tuffy Tooth Comic Book
2 Disclosing Tablets (see page 42 for description)
Plastic Mouth Mirror

Prices:

1 doz. – $ 4.00
3 doz. – 12.00
12 doz. – 45.00

Source:

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

#M 10 Kit Contains:

35 child–size toothbrushes
35 "Wash–Eat–Brush Posters" (for children)
35 Pamphlets for Parents
1 copy of teacher's manual "You can Teach Toothbrushing"

$3.50 per kit. Price includes delivery to buyer.
Kit does not contain dentifrice.

OTHER AIDS

DISCLOSING TABLETS

DESCRIPTION:

Disclosing tablets are harmless red food coloring wafers. When these are dissolved in the mouth, the red dye colors the parts of the teeth that are not clean to make these areas clearly visible to the child.

AVAILABILITY:

Several manufacturers offer disclosing tablets for purchase in bulk at reduced rates. Examples of these sources are listed below. Disclosing tablets/wafers are also available in most drug stores in smaller quantities.

Source:
Order through a dentist
or dental hygienist

Proctor & Gamble
Professional Services
P. O. Box 747
Cincinnati, Ohio 45201

Prices:

#70049 – 288 tabs per carton – $4.00
#70070 – 5000 tabs – $40.00
(Instructions for use are included.)

Source:
Order through a dentist

Colgate Palmolive Co.
Professional Services Dept.
740 N. Rush Street
Chicago, Illinois 60611

Prices:

100 tabs – $2.00
300 tabs – 6.00

Source:
Order through a dentist

Amurol Products Co.
P. O. Box 300
Naperville, Illinois 60540

Price:

1000 wafers – $7.50

SUGGESTED ACTIVITIES

SUGGESTED ACTIVITIES

Active participation of "learners" is desirable in order to stimulate interest in and reinforce dental health education presented by other means.

This section offers ideas to promote participation in dental health activities for the child and his parents. The suggested activities can aid in coordinating dental health instruction into daily classroom activities and parent discussion groups.

To prepare the child for his first dental appointment:

MATERIALS TO AID YOU:

"Michael and the Dentist"*
DuKane Micromatic Projector or record player and filmstrip projector
Child–size dentist's jacket, dental hygienist's white uniform and cap
Art materials

Show "Michael and the Dentist"

After the children have seen and heard the record–filmstrip, play it again and encourage the children to sing along with Mike. Have the children dramatize what happened in the filmstrip.

Conduct a field trip to a local dentist's office.

The first–hand experience of visiting a dental office prior to an initial appointment can help ward off apprehension. The experience of the field trip might be expressed by the children in the classroom through:

story telling – relating their experiences.

role playing – taking turns at playing: dentist, dental assistant, dental hygienist and patient. Perhaps a parent could make a dentist's jacket and white uniforms for the dental hygienist and assistant as costumes for the children.

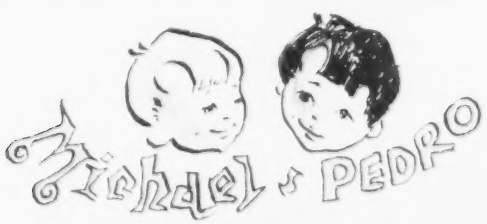
*"Pedro and the Dentist" for Spanish–speaking children.

art work – drawing pictures of their visit to the dental office. These could be displayed on the bulletin board, made into a booklet, or taken home.

Identify people from your community (WHO AM I, WHAT DO I DO?). Include the dentist, dental hygienist and dental assistant. Discussion could center around dental health as a part of growing up and the role of the dentist helping us keep our smiles healthy and bright.

Invite a dentist or dental hygienist, as a community helper, to talk with the children in the classroom.

Have each child develop an autobiography, diary or scrapbook in picture form which includes their dental activities, such as "I'm going to the dentist" and "brushing my teeth".



To encourage children to brush their teeth.

MATERIALS TO AID YOU

"Michael Learns to Brush His Teeth"*
DuKane Micromatic Projector or a record player and a filmstrip projector
Demonstration–size toothbrush and model teeth
Toothbrush Kit for each child

Show – "Michael Learns to Brush His Teeth"

Encourage the children to sing along with Mike.

Give toothbrushing demonstration.

With a large–size model of teeth and toothbrush, demonstrate how to brush. Then distribute the toothbrush kits and have the children brush their teeth.

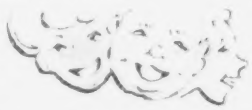
Stress – How to brush
When to brush
The fresh clean feeling after brushing

Challenge – Challenge the children with "Can YOU do it?" Praise their achievements and correct their procedure as necessary.

Follow up – Have the children brush their teeth after their between meal snack or lunch each day.

*Or "Pedro Learns to Brush His Teeth"

Have the children cut out faces of smiling people and make a collage for the classroom or home.



On a "cut–and–paste" – Draw a toothbrush, tube of tooth–paste, water glass, and a smile showing teeth; mimeograph these and give each child two sheets. On one sheet the chil–dren can color and or cut them out and paste on the second sheet. The child could also print his name on the toothbrush indicating it is his own.

Make a dentifrice to be used in the classroom or to take home.

Mix: 1 part table salt
2 parts baking soda
Few drops of peppermint oil

Combine ingredients in amounts large enough to supply each child with a sample.

Let the children help make and decorate a toothbrush holder for brushes used in school.

Encourage the children to share their projects and activities with their families.

To encourage the child to eat foods that are good for him and to encourage the selection of non–sweet, between–meal snacks.

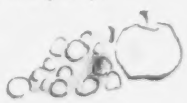
MATERIALS TO AID YOU:

"Michael Likes Good Food" *
DuKane Micromatic Projector or record player and filmstrip projector
art materials
selected foods

Show "Michael Likes Good Food"

Focus a discussion on proper food selection and eating habits at home and away from home. You might ask the children what foods they have taken to eat on picnics. Or plan a picnic and have the children help plan what foods to bring.

Have the children help plan a snack party and invite parents to share the party.



Let the children help select the snack food (see page 51 for suggestions).

Let the children help prepare the food for serving.

*Or Pedro Likes Good Food

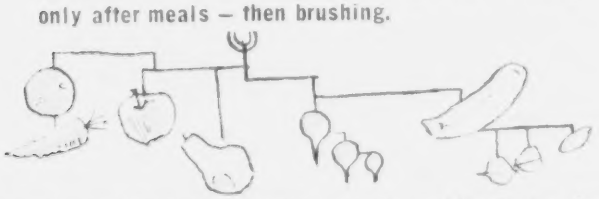
Discuss the selected foods in relation to:

- color
- texture
- where various foods come from, and
- how they grow

STRESS the difference between crispy food such as carrots and apples and sticky food that clings to the teeth and helps cause decay.

STRESS the importance of eating non–sweet foods between meals.

STRESS the desirability of eating sweet–sticky foods only after meals – then brushing.



Have the children make "good–snack mobiles" by drawing pictures of foods or by cutting pictures out of magazines. Connect the pictures with string to wire coathangers. Be certain to include foods with which the children are familiar.

To demonstrate how sticky foods cling to the teeth as opposed to crisp foods, use:

- An apple
- Marshmallow cream topping
- A dinner knife

The knife represents the teeth. First dip the knife in the topping, show how it clings to the knife as it does teeth. Then cut the apple which will clean the knife.

SUGGESTED SNACKS*

(Use what is available locally)

GOOD AND JUICY

Apples
Berries
Oranges
Dill Pickles
Grapefruit
Grapes
Peaches
Pears
Plums
Tomatoes

CRUNCHY

Carrots
Cauliflower
Celery
Apples
Cabbage Wedges
Squash
Radishes
Bell Peppers
Cucumber Slices
Popcorn

THIRSTY

White milk
Buttermilk
Tomato Juice
Unsweetened Fruit Juice
Diet Drinks

REALLY HUNGRY

Meat cubes or slices
Cheese cubes or slices
Sardines
Eggs
Nuts

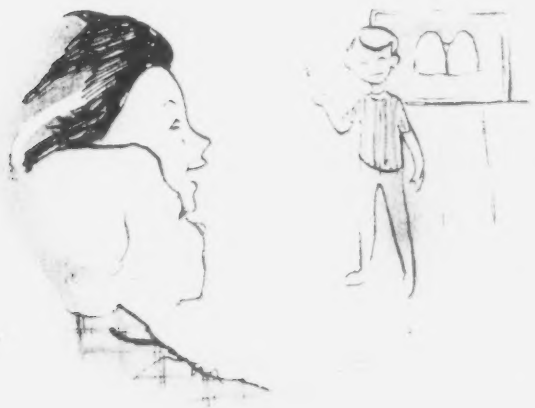
BETWEEN MEAL SNACKS THAT HURT OUR TEETH AND APPETITE:

Cake
Candy
Cookies
Pie
Sugar–coated cereals
Jam – Jelly – Syrups
Sweetened fruits and juices
Dried Fruits
Crackers

*Adapted from "Good Snacks Help Protect Teeth," produced by Ohio State Department of Health.

WORKING WITH PARENTS

It is necessary to promote parental involvement in dental health activities for they can reinforce at home what the child learns from you.



To promote parental involvement:

Invite them to the classroom and to join you on field trips.

Start parent discussion groups. Find out what the parents want and need to help their children have better dental health. Encourage them to plan and participate in the program.

Give them responsibilities in the program.

Encourage participating parents to work for the program by helping other parents understand the value of dental health.

Include dental health activities of the children in your Newsletter to Parents.

Include dental health in your Home Visitor Program.

DIVISION OF DENTAL HEALTH
REGIONAL AND FIELD OFFICES

All inquiries should be addressed "Attention Regional Dental Consultant" at any of the following addresses.

HEW Region I John Fitzgerald Kennedy Federal Bldg. Boston, Massachusetts 02203	Connecticut Maine Massachusetts New Hampshire Rhode Island Vermont
HEW Region II 26 Federal Plaza New York, New York 10007	Delaware New Jersey New York Pennsylvania
HEW Region III 220 Seventh Street N. E. Charlottesville, Virginia 22901	D. C. Kentucky Maryland North Carolina Puerto Rico Virgin Is. Virginia W. Virginia
HEW Region IV 50 Seventh Street N. E. Atlanta, Georgia 30323	Alabama Florida Georgia Mississippi S. Carolina Tennessee
HEW Region V New P. O. Building 433 W. Van Buren Street Chicago, Illinois 60607	Illinois Indiana Michigan Ohio Wisconsin

HEW Region VI 601 East 12th St. (Rm. 528–G) Kansas City, Missouri 64106	Iowa Kansas Minnesota Missouri Nebraska North Dakota South Dakota
HEW Region VII 1114 Commerce Street Dallas, Texas 75202	Arkansas Louisiana New Mexico Oklahoma Texas
HEW Region VIII 9017 Federal Office Bldg. 19th and Stout Streets Denver, Colorado 80202	Colorado Idaho Montana Utah Wyoming
HEW Region IX Federal Office Building 50 Fulton Street San Francisco, California 94102	Alaska Arizona California Hawaii American Samoa Nevada Oregon Washington Guam

STATE AND TERRITORIAL HEALTH OFFICES

State Department of Public Health
State Office Building
Montgomery, Alabama 36104

Alaska Department of Health and Welfare
P. O. Box 3-2000
Juneau, Alaska 99801

State Department of Health
State Office Building
Phoenix, Arizona 85007

State Board of Health
State Health Building
State Capitol Grounds
Little Rock, Arkansas 72201

State Department of Public Health
2151 Berkeley Way
Berkeley, California 94704

State Department of Public Health
4210 East 11th Avenue
Denver, Colorado 80220

State Department of Health
79 Elm Street
Hartford, Connecticut 06115

State Board of Health
State Health Building
Dover, Delaware 19901

District of Columbia Department of Public Health
Room 814, Universal N. Bldg.
1875 Connecticut Ave., N. W.
Washington, D.C. 20009

State Board of Health
P.O. Box 210
Jacksonville, Florida 32201

Georgia Department of Public Health
47 Trinity Avenue, S.W.
Atlanta, Georgia 30334

Department of Public Health and Welfare
Territory of Guam
P.O. Box 2816
Agana, Guam 96910

Hawaii Department of Health
Kinau Hale
P.O. 3378
Honolulu, Hawaii 96801

Idaho Department of Health
Statehouse
Boise, Idaho 83707

Illinois Department of Public Health
535 W. Jefferson Street
Springfield, Illinois 62706

State Board of Health
1330 West Michigan Street
Indianapolis, Indiana 46207

State Department of Health
Robert Lucas Building
Des Moines, Iowa 50319

State Department of Health
State Office Building
Topeka Avenue at Tenth
Topeka, Kansas 66612

State Department of Health
275 East Main Street
Frankfort, Kentucky 40601

State Board of Health
Civic Center
P.O. Box 60630
New Orleans, Louisiana 70160

Maine Department of Health
and Welfare
Bureau of Health
State House
Augusta, Maine 04330

State Department of Health
State Office Building
301 West Preston Street
Baltimore, Maryland 21201

Massachusetts Department
of Public Health
546 State House
Boston, Massachusetts 02133

Michigan Department of
Public Health
3500 North Logan Street
Lansing, Michigan 48914

State Department of Health
University Campus
Minneapolis, Minnesota
55440

State Board of Health
Felix J. Underwood State
Board of Health Building
P.O. Box 1700
Jackson, Mississippi 39205

Missouri Department of
Public Health and Welfare
State Office Building
221 West High Street
Jefferson City, Missouri
65101

State Board of Health
Cogswell Building
Helena, Montana 59601

State Department of Health
State House Station
Box 94757
Lincoln, Nebraska 68509

Division of Health
State Department of Health,
Welfare and Rehabilitation
201 South Fall Street
Carson City, Nevada 89701

State Department of Health
and Welfare
State Health Building
61 South Spring Street
Concord, New Hampshire
03301

State Department of Health
P.O. Box 1540
Trenton, New Jersey 08625

New Mexico Department of
Health and Social Services
P. O. Box 2348
Santa Fe, New Mexico 87501

State Department of Health
84 Holland Avenue
Albany, New York 12208

State Board of Health
225 North McDowell Street
Raleigh, North Carolina 27602

State Department of Health
Capitol Building
Bismarck, North Dakota 58501

Ohio Department of Health
450 East Town Street
P. O. Box 118
Columbus, Ohio 43216

State Department of Health
3400 North Eastern
Oklahoma City, Oklahoma 73105

State Board of Health
1400 South West Fifth Avenue
Portland, Oregon 97201

Pennsylvania Department of
Health
State Capitol
Health and Welfare Building
Harrisburg, Pennsylvania 17120

Puerto Rico Department of
Health
Ponce de Leon Avenue
San Juan, Puerto Rico 00908

Rhode Island Department of
Health
State Office Building
Providence, Rhode Island 02903

State Board of Health
J. Marion Sims Building
Columbia, South Carolina 29201

State Department of Health
State Capitol
Pierre, South Dakota 57501

Tennessee Department of
Public Health
Cordell Hull Building
Sixth Avenue, North
Nashville, Tennessee 37219

State Department of Health
1100 West 49th Street
Austin, Texas 78756

Utah Department of Health
and Welfare
44 Medical Drive
Salt Lake City, Utah 84113

Vermont Department of
Health
115 Colchester Avenue
Burlington, Vermont 05401

State Department of Health
109 Governor Street
Richmond, Virginia 23219

Virgin Islands Department of
Health
Charlotte Amalie
St. Thomas, Virgin Islands
00802

State Department of Health
Public Health Building
Olympia, Washington 98501

State Department of Health
State Office Building No. 1
1800 East Washington Street
Charleston, West Virginia
25305

State Department of Health
and Social Services
1 West Wilson Street
P. O. Box 309
Madison, Wisconsin 53702

State Department of Public
Health
State Office Building
Cheyenne, Wyoming 82001

GPO 978 806